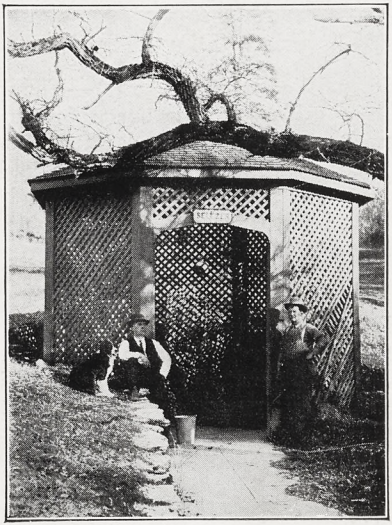
LAKE COUNTY

CALIFORNIA

HIGHLAND SPRINGS



L. M. DAVIDSON, Proprietor

HIGHLAND SPRINGS

LAKE COUNTY CALIFORNIA

SOME ATTRACTIVE FEATURES

Bowling — Dancing — Hunting—Fishing. Large concrete bathing pool. A large gasoline yacht is run on Clear Lake in connection with the Springs.

Bring your guns, fishing tackle, bathing suits and your old clothes and have a good time.

Lots of shade and playgrounds for children.

Large camping grounds.

Soda Fountain and Pool Table.

THE MEDICINAL PROPERTIES OF THE SPRINGS AT HIGHLAND

Highland "Diana" Spring

(Heavy Saline and Chalybeate)—The water of this valuable spring is unequalled in the treatment of blood, skin and catarrhal troubles. It is a SPECIFIC in cases of catarrh of the nose and throat, eczema, tetter and salt rheum, and for poison oak. It is valuable also when used in the form of douches, baths, etc.

Highland "Neptune" Spring

(Heavy Saline)—The water from the spring is used principally for chronic constipation, chronic diarrhœa, and as an anti-fat treatment.

Highland "Dutch" or Ems Spring

(Alkalo-Saline)—This water possesses remarkable curative properties in diseases of the liver, kidneys and nervous system. Experience has proved it to work wonders in cases of torpidity of the liver, jaundice, chronic constipation, after effects of malaria and "la grippe,"

A SUMMER DAY ARRIVAL AT HIGHLAND SPRINGS

diabetes, dropsy, nervous prostration and sleeplessness. Of this water one-half pint to one pint should be taken two hours after meals and at bedtime.

Highland "Magic" Spring

(Alkalo-Saline)—Highland "Magic" is so called because of the magical cures of rheumatism which have been effected by this water It is also beneficial in certain forms of weak stomach which will not bear cold waters.

Highland "Seltzer" Spring

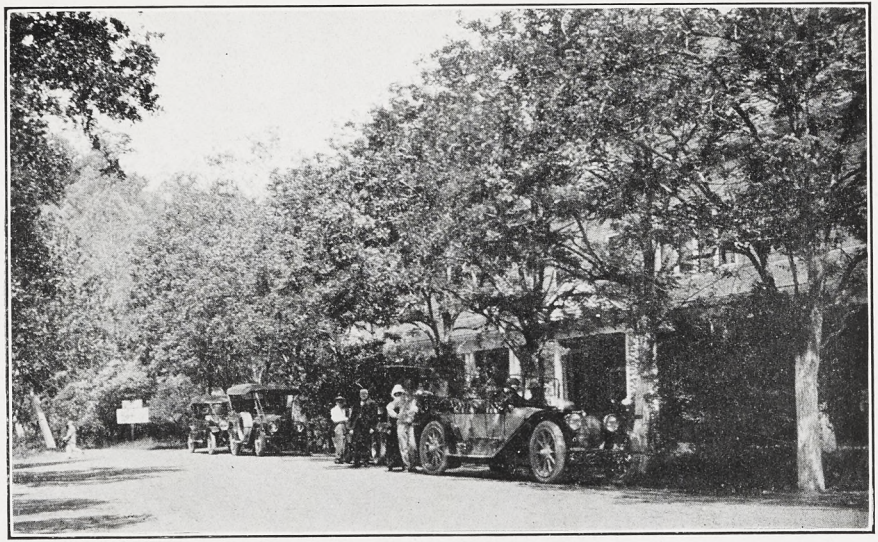
(Alkalo-Saline and Chalybeate)—This famous water is very efficacious in diseases requiring antacid, diuretic and tonic treatment, being particularly beneficial in dyspepsia, indigestion, gout, neuralgia, sciatica and certain forms of rheumatism, Bright's disease, diabetes (in conjunction with Dutch, or Ems), catarrh of the bladder, gravel and stone. For kidney and bladder derangement one pint one hour *before* meals.

Highland "Kidney" Spring

(Alkaline, Carbonated)—Contains an excellent alkaline carbonated water for inaction of the kidneys, irritation and catarrh of the bladder. It should be taken freely before meals.

Highland "Sulphur" Spring

(Salino-Sulphurous)—The water from the springs is found, upon analysis, to be saline-sulphurous in nature. It is laxative and anti-bilious in character, acting on the stomach, liver and bowels.



HIGHLAND SPRINGS IN SUMMER

HIGHLAND SPRINGS HOTEL IN WINTER

RATES

Per day, single $3.50; per week, single, $22.50.

Per day, double, 3.00; per week, double, $20.00.

Buy your ticket through to Highland Springs via Northwestern Pacific Railway, Sausalito Ferry. Take stage or auto at Hopland.

For further information see The Peck-Judah Co., 692 Market Street, San Francisco.

Via railroad from San Francisco over the Northwestern Pacific Railroad to Hopland; at Hopland the train is met by fine auto stages; thence over the highway, 17 miles to Highland Springs.

By Auto: From San Francisco, Sausalito Ferry; from Oakland, Richmond, San Rafael Ferry; thence over the concrete highway through the cities of Petaluma, Santa Rosa, Cloverdale and Hopland to Highland Springs. About 6 hours by auto.

Rodeo Ferry to Vallejo and through Napa, St. Helena, Calistoga, Middletown to Highland Springs.

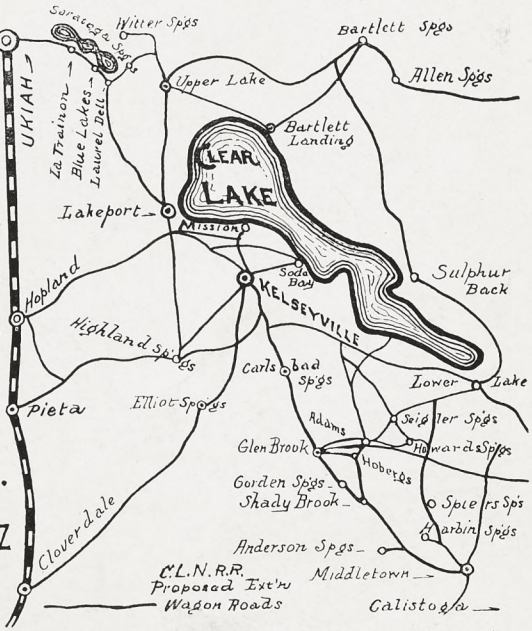
HIGHLAND SPRINGS
Lake County, California

L. M. DAVIDSON, Proprietor.

JORDAN PRINTING CO . OAKLAND

HIGHLAND SPRINGS

LAKE COUNTY



A SHORT PLEASANT TRIP
by train, and an hour's auto ride
over the finest mountain road
brings you to HIGHLAND
SPRINGS, the beauty
spot of Lake County